

## Intervention: Individually adapted health behavior change

Finding: Sufficient evidence for effectiveness

### Potential partners to undertake the intervention:

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|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions        | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities               | <input type="checkbox"/> Media                             |
| <input checked="" type="checkbox"/> Health care providers                 | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                  | <input type="checkbox"/> Policymakers                      |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### Background on the intervention:

Individually adapted health behavior changes are tailored to a person's readiness for change. These interventions teach people specific skills that enable them to incorporate physical activity into their daily routine. Interventions include the following approaches: 1) goal-setting, 2) building social networks for new patterns, 3) reinforcement for behavior change, 4) structured problem-solving, 5) prevention of relapse into sedentary behaviors.

### Findings from the systematic reviews:

The Guide to Community Preventive Services reports strong evidence for effectiveness for this intervention. The Community Guide is a well respected source of evidence-based practices in public health. With guidance from the Task Force on Community Preventive Services, it summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease for a variety of topics.

### References:

[Guide to Community Preventive Services](http://www.thecommunityguide.org/pa/default.htm) - <http://www.thecommunityguide.org/pa/default.htm>